

In doing plastic operations surgeons recommend the irrigation of the working field with normal salt solution, in this way keeping the part clean and free from blood without the use of sponges. In cases of extensive burns, or wounds needing skin grafting, the grafts are immersed in this solution as an ideal preservative. In intestinal disturbances, where there are so many watery evacuations, the introduction of salt solution compensates for this loss in a most effectual manner.

It is interesting to notice the changes in a patient after the successful administration of normal salt solution. The arterial pressure is raised, the skin becomes moist, the kidneys are more active, thirst disappears, and temperature is elevated. Severe cases of hemorrhage, which ordinarily would be regarded as fatal, are now given a new lease of life through the judicious introduction of this valuable agent. And we think it is not exaggeration to say it is one of the simplest and one of the most important remedies in general use at the present time.

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## THE OUTFIT OF THE PRIVATE-DUTY NURSE

BY HELEN S. HAY

THE outfit of the nurse on private duty is a subject requiring no inconsiderable planning and thinking. Much must be sacrificed and much provided, that naught will be found lacking to thorough cleanliness, efficient service, and the common comfort. First, let us consider the needs of the wardrobe.

If "stripes" be worn, three suits will suffice. The seersucker at twelve-and-a-half cents a yard washes and wears admirably. Some prefer a finer quality costing about twenty cents. If white suits are preferred, four will be found necessary. Linen duck, Marseilles, and piqué are all good, though the two latter seem to retain their freshness longer. These materials cost from forty to sixty cents a yard. There is also a cotton duck at fifteen cents which wears and launders most satisfactorily. Many nurses find it a convenience to have a supply of both the striped and white uniforms, wearing the former on their heavier cases, and the latter where the duties are light, or more nearly like those of a companion. Also for surgical work the white seems especially desirable.

Of apron material there is nothing for wear and lasting freshness like the best grades of pillow-casing. Finer aprons will be found smirched and yellow while the older, heavier ones will be white and immaculate. Longloft and heavy lawns, costing from twelve-and-

a-half to thirty cents a yard, will also be found serviceable. So too is the linen at from seventy-five cents to one dollar a yard. Twelve long aprons will be none too many, and with these there should be two or three large surgical ones. Neatly made of white drilling or duck, they look thoroughly nurselike, and if worn for one's rougher tasks are a great saving to the uniform.

In collars and cuffs most nurses are driven to adopt those styles which can be bought ready for use. Collars are twelve-and-a-half cents each. Ten will be needed, and with these, for a neat finish, ten laundered string ties of white piqué or lawn. Ten pairs of cuffs at twenty-five cents a pair will be required, preferably the kind worn outside the sleeve.

Last of the uniform is the cap. Two fresh ones should as far as possible be always kept on hand, and thus provision made for the times of emergency, when cap-making is out of the question. Of all the articles in the wardrobe, the cap is most often the one first put aside. For, being essential neither to good nursing nor to a neat and attractive uniform, it is considered wisest to appropriate its considerable space in the telescope to articles more important to success.

Having attended to the details of our uniform, let us now get in readiness for the first "call." How much of this ample outfit shall be given space in our telescope, and what more will be needed of books and appliances? Of uniforms and their appurtenances only so many as will be needed for three or four days at most. What more are found needful can be sent one by express. With the articles of her uniform there will be soft slippers, a loose wrapper, handkerchiefs, toilet articles, stationery, including "history sheets," sewing material, and underwear. A "Practice of Medicine," a small medical dictionary, a "Materia Medica," a text-book on nursing, and a book on invalid cookery will all be valuable; and as questions on any one of these subjects may meet the nurse with the beginning of her tasks in the sick-room, all of them would better be given room. Of course, a text-book on obstetrics will be in the nurse's library to add to the above list when needed.

As to necessary appliances, every nurse early solves to her own satisfaction what these are. One nurse out of her equipment could stock a small ward; another equally successful in her work carries with her only a hypodermic, a thermometer, and a pair of forceps, rusty from disuse. Better, doubtless, is a wise medium between these: clinical and bath thermometers, hypodermic syringe with tablets, graduate glass, rectal tube, catheter, invalid drinking-cup, and, what is found a great convenience, a *very* small alarm-clock. Further needs will, in most cases, be quickly and willingly supplied.

The outfit is complete, and all possible preparation made. Suitable clothing, books of reference and instruction, instruments,—all will contribute to the nurse's self-confidence, to her efficiency, and so to her success. But it is her tact and energy, her ingenuity, and her resourcefulness, and these only, that will most often clear up her difficulties. And it is through the possession of these gifts that the trained nurse will prove equal to all demands, whatever her equipment may be.

**EXPENSES OF OUTFIT.**

3 striped dresses, 10 yards each, at 12½ cents.....	\$3.75
Cost of making.....	7.50
4 white dresses, 10 yards each, at 50 cents.....	20.00
Making .....	16.00
12 aprons, 2½ yards each, at 20 cents.....	6.00
Making .....	3.00
3 surgical aprons, 8 yards each, at 15 cents.....	3.60
Making .....	1.50
10 collars .....	1.25
10 pairs cuffs.....	2.50
Cap material .....	2.50
Slippers .....	1.00
Loose wrapper (material and making).....	5.00
“Materia Medica” .....	1.50
“Practice of Medicine” .....	3.00
Medical dictionary .....	1.00
Text-book on obstetrics .....	1.25
Text-book on nursing .....	2.00
“Invalid Cookery” .....	2.00
Bath thermometer .....	1.00
Clinical thermometer .....	1.50
Hypodermic syringe .....	3.00
Graduate glass .....	.50
Rectal tube .....	.30
Catheter .....	.25
Invalid drinking-cup .....	.50
Small alarm-clock .....	1.50
 Total .....	\$92.90
 Using striped uniforms only. Total .....	\$58.90
 Using white uniform only. Total .....	\$81.65

IN every line of life in which success is aimed at, an apprenticeship has to be served of many hours and days of hard work.—LOUISE TOLLING.